

5-STEP HELMET FIT TEST

	STEPS	PROBLEM	SOLUTION
Step 1	With one hand, gently lift the front of the helmet up and back.	Helmet moves back to uncover the forehead.	Tighten front strap to junction. Also, adjust padding thickness and/or position, especially in back. Make sure chinstrap is snug. If this doesn't work, the helmet may be too big.
Step 2	With one hand, gently lift the back of the helmet up and forward.	Helmet moves forward to cover the eyes.	Tighten back strap. Make sure chinstrap is snug. Also, adjust padding thickness and/or position, especially in front.
Step 3	Put a hand on each side of the helmet and rock from side to side. Shake your head "no" as hard as possible.	Helmet slips from side to side.	Check the padding on the sides and make sure straps are evenly adjusted.
Step 4	Open your mouth (lower jaw) as wide as possible, without moving your head. The top of your helmet should pull down.	Helmet does not pull down when opening your mouth.	Tighten chinstrap. Make sure the front and back strap junction is under each ear.
Step 5	Check to see if the front edge of the helmet covers your forehead. The front edge of the helmet should sit just above your eyebrows.	Helmet does not cover the forehead.	Position the helmet no more than 1 to 2 finger-widths above the eyebrows. Tighten any loose straps. Make adjustments so the helmet stays over the forehead.

YOUR HELMET SHOULD BE SNUG, LEVEL, AND SECURE